



JFK Partners is proud to announce our ***Facing Your Fears*** anxiety group, which is designed for high-functioning children who are verbally fluent, have a diagnosis on the autism spectrum, and also have difficulties managing their anxiety. This group is the result of nearly 10 years of funded research through the University of Colorado, School of Medicine.

About the group:

- This group focuses on helping children and their parents identify worries, develop coping strategies, and practice “facing their fears” with guidance and support from group facilitators.
- Participants will work in a large group for part of each session and then divide into child and parent groups.
- Parent participation is vital for sustaining strategies in their child’s day-to-day activities, therefore parent participation is required.

Ages: Children and adolescents 8-14 years old

Time: The groups take place weekly for 14 weeks. Each weekly session is 90 minutes long. Groups occur concurrently so to find out the start date for the next session, please contact the clinician below.

Location: Groups take place at JFK Partners at the Anschutz Medical Campus, 13121 E. 17th Ave., 5th Floor, Aurora, CO 80045. (Near I-225 and Colfax)

Enrollment in the groups is ongoing so if you are interested, please contact Judy.Reaven@ucdenver.edu or 303-724-7646 to see if this would be a good fit for your child or adolescent. You may be asked to speak with one of the group facilitators to gather more information about your child and their anxiety.

Program websites:

www.facingfears.org | www.jfkpartners.org